- 1. The use of  $\alpha$ -lipoic acid or  $\alpha$ -dihydrolipoic acid for increasing the bioavailability of mineral salts.
- The use as claimed in claim 1, wherein at least one mineral salt is used in combination with α-lipoic acid or α-dihydrolipoic acid.
- The use as claimed in claim 2, wherein mineral salts of the formula I are used,

 $(M)_n(B)_m$ 

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where

- M is a monovalent to trivalent physiologically acceptable metal cation,
- B is a monovalent to trivalent physiologically acceptable anion,
- n is 1, 2 or 3 and
- m is 1, 2 or 3,

where the subscripts n and m correspond to the ,valency and charge equalization of the mineral salt of the formula l.

- 4. The use as claimed in claim 1, wherein the combination used is metal  $\alpha$ -lipoates, metal  $\alpha$ -dihydrolipoates or metal- $\alpha$ -lipoic acid complexes.
- The use as claimed in claim 4, wherein the combination used is metal α-lipoates, metal α-dihydrolipoates or metal-α-lipoic acid complexes of the formula II.

 $(M)_w(Lp)_x(A)_v(H_20)_z$  II

where

- M is a monovalent to trivalent physiologically acceptable metal cation or a mixture of monovalent to trivalent physiologically acceptable metal cations,
- Lp is racemic  $\alpha$ -lipoic acid or  $\alpha$ -dihydrolipoic acid, (R)- or (S)- $\alpha$ -lipoic acid or (R)- or

- (S)- $\alpha$ -dihydrolpoic acid, racemic  $\alpha$ -lipoate or dihydro- $\alpha$ -lipoate or (R)- or (S)- $\alpha$ -lipoate or (R)- or (S)-dihydro- $\alpha$ -lipoate,
- A is a physiologically acceptable monovalent or divalent anion.
- w is 1 or 2
- x is 1, 2, 3 or 4,
- y is 0, 1, 2 or 3 and
- z is 0, 1, 2, 3, 4, 5, or 6,
  where the subscripts w, x and y correspond to the valency and charge

equalization of the compound of the formula II.

- The use as claimed in claim 1, wherein the α-lipoic acid used is (R)-α-lipoic acid
  or the α-lipoate used is (R)-α-lipoate.
- A preparation comprising at least one mineral salt and (R)-α-lipoic acid or (S)-α-lipoic acid.
- A metal α-lipoate, metal α-dihydrolipoate or metal-α-lipoic acid complex of the formula II',

$$(M)_{w}(Lp)_{x}(A)_{y}(H_{2}0)_{z}$$

11'

#### where

- M is a monovalent to trivalent physiologically acceptable metal cation or a mixture of monovalent to trivalent physiologically acceptable metal cations,
- Lp is racemic α-lipoic acid or α-dihydrolipoic acid, (R)- or (S)-α-lipoic acid or (R)- or (S)-α-dihydrolipoic acid, racemic α-lipoate or dihydro-α-lipoate or (R)- or (S)-α-

lipoate or (R)- or (S)-dihydro-α-lipoate,

- A is a physiologically acceptable monovalent or divalent anion,
- w is 1 or 2.
- x is 1, 2, 3 or 4,
- y is 0, 1, 2 or 3 and
- z is 0, 1, 2, 3, 4, 5 or 6,

where the subscripts  $\mathbf{w}$ ,  $\mathbf{x}$  and  $\mathbf{y}$  correspond to the valency and charge equalization and

the following compounds are excluded:

 $Mn(lip^-)C1O_4$ ,  $Cu(Lip^-)C1O_4$ ,  $Zn(Lip^-)C1O_4$ ,  $Cd(Lip^-)C1O_4$ ,  $Pb(Lip^-)C1O_4$ ,  $Hg(Lip_{rac})(OH)_2$ ,

 $\label{eq:hgdhl} \text{Hg(DHL}_{\text{rac}}^{2\text{-}}), \, \text{Ni(DHL}_{\text{rac}}^{2\text{-}}), \, \text{Fe}_2(\text{DHL}_{\text{rac}}^{2\text{-}})_3, \, \text{Zn(Lip}_{\text{rac}})_2(\text{H}_2\text{O})_2, \, \text{Cd(Lip}_{\text{rac}})_2(\text{H}_2\text{O})_2$ 

where

Lip is monovalent negative racemic or (R)- or (S)- $\alpha$ -lipoate,

Lip<sub>rac</sub> is monovalent negative racemic α-lipoate.

Lip<sub>rac</sub> is racemic α-lipoic acid and

DHL<sub>rac</sub><sup>2-</sup> is divalent negative racemic α-dihydrolipoate.

- A prepartion comprising metal α-lipoates, metal α-dihydrolipoates or metal-αlipoic acid complexes as claimed in claim 8.
- A preparation comprising metal α-lipoates, metal α-dihydrolipoates or metal-αlipoic acid complexes as claimed in claim 5 and α-lipoic acid or α-dihydrolipoic acid.

- The use of the metal α-lipoates, metal α-dihydrolipoates or metal-α-lipoic acid complexes as claimed in claim 5 as feedstuff or food supplements.
- The use of the metal α-lipoates, metal α-dihydrolipoates or metal-α-lipoic acid complexes as claimed in claim 5 in cosmetic formulations!
- 13. The metal α-lipoate, metal α-dihydrolipoate or metal-α-lipoic acid complex as claimed in claim 5 for use as drugs.
- 14. The use of metal α-lipoates, metal α-dihydrolipoates or metal-α-lipoic acid complexes as claimed in claim 5 for preparing a drug for treating disorders in which lipoic acid has a therapeutic or prophylactic effect and there is a mineral salt deficiency.
- 15. The use of the metal α-lipoates, metal α-dihydrolipoates or metal-α-lipoic acid complexes as claimed in claim 5 for treating diabetes, tumors, HIV infections, AIDS, renal insufficiency, malnutrition, protein-energy malnutrition and mineral deficiencies.